



Orange Teriyaki Chicken



1/4th of recipe (about 3/4 cup): 202 calories, 3g total fat (0.5g sat fat), 745mg sodium, 15g carbs, 1.5g fiber, 7g sugars, 26.5g protein

SmartPoints® value 4*

Prep: 15 minutes plus 1 hour to marinate **Cook:** 15 minutes



Ingredients

1 lb. raw boneless skinless chicken breast, cut into bite-sized pieces
1/4 cup plus 2 tbsp. thick teriyaki marinade or sauce
3 tbsp. orange juice
One 8-oz. can sliced water chestnuts, drained and chopped
1 cup chopped scallions
Seasonings: garlic powder, salt, black pepper

Directions

Season chicken with 1/4 tsp. garlic powder and 1/8 tsp. each salt and pepper. Place in a large sealable container (or bag).

In a small bowl, mix 2 tbsp. teriyaki sauce with 2 tbsp. orange juice. Add to the container, and thoroughly coat chicken. Seal, and refrigerate for 1 hour.

To make the sauce, in a small bowl, mix remaining 1/4 cup teriyaki sauce with remaining 1 tbsp. orange juice.

Bring a wok (or large skillet) sprayed with nonstick spray to medium-high heat. Cook and stir marinated chicken for about 8 minutes, until fully cooked.

Reduce heat to medium. Add sauce, chopped water chestnuts, and scallions. Cook and stir until hot and well mixed, about 2 minutes.

MAKES 4 SERVINGS

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.